

351 Student Nutrition and Physical Activity

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity with the goal of promoting overall student wellness. Linkages will be established between nutrition education and school meal programs.

351.1 Nutrition

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practicable, all schools will participate in available federal school meal programs.

All other foods and beverages made available on campus during the school day (including, but not limited to vending, concessions, a la carte, student stores, classroom parties and fundraising) will be consistent with nutrition standards developed by the superintendent or designees and be based upon U.S. Dietary Guidelines for Americans. These standards should promote the benefits of good nutrition and maintaining a healthy weight.

351.2 Physical Activity

All students in grades K-12 will have opportunities, support and encouragement to be physically active before, during, and after school, each school day. Physical education will be closely coordinated with the overall school health program so that students thoroughly understand the benefits of being physically active.

351.3 Monitoring

The superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies and administrative regulations. Administrative regulations will be developed to ensure that information will be gathered to assist the Board and District in evaluating implementation and effectiveness of these policies.

(Section 351 – Added August 28, 2006)